



**south dakota**  
**DEPARTMENT OF EDUCATION**  
Learning. Leadership. Service.

# Nonfood Rewards in the Classroom

Nonfood rewards promote a healthier environment by encouraging healthy eating habits. Food becomes a primary motivator in students' lives when they are given pop, candy and other sweets as a reward for good behavior and academic achievement. Because these foods have little nutritional value, using them as rewards contributes to poor eating habits.



## **For more information**

Child & Adult Nutrition Services  
800 Governors Drive  
Pierre, SD 57501-2235  
Phone: (605) 773-3413  
Fax: (605) 773-6846  
[doe.sd.gov/oess/cans](http://doe.sd.gov/oess/cans)





## Elementary School

- Stickers or bookmarks
- Books
- Game time
- Reading time
- Extra recess
- Extra art time
- Pencils, pens and markers
- Trinkets (magnets, frisbees, etc.)
- Activity/game sheets
- Walk with the principal

## Middle School

- Sit with friends
- Fun video
- Computer time
- Field trip
- Brainteasers
- Assemblies
- Talk time at the end of class
- Reduced homework
- “No Homework” pass
- Listen to music while working

## High School

- Books
- Extra credit
- Have class outside
- Assemblies
- Reduced homework
- “No Homework” pass
- Listen to music while working
- Drawing for donated prizes
- Coupons or gift certificates

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